

ABSTRACT

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Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in Ankara, Turkey. The children were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic, strength, and flexibility exercises. The control group did not participate in any training program. Physical fitness was measured at the beginning and end of the 12-week period using a series of tests: 1000m run, 20m shuttle run, sit and reach, and push-up. The results showed that the experimental group had significantly higher scores than the control group in all four tests at the end of the 12-week period. The 1000m run test showed a significant improvement in the experimental group compared to the control group. The 20m shuttle run test also showed a significant improvement in the experimental group compared to the control group. The sit and reach test showed a significant improvement in the experimental group compared to the control group. The push-up test showed a significant improvement in the experimental group compared to the control group. The results of this study suggest that a 12-week training program can improve the physical fitness of 10-year-old children. The training program should be continued for a longer period to see if the improvements in physical fitness are maintained.